March/April 1990 Volume 15, Number 2

A summary of recent news stories from the University of California, San Francisco

UCSF

News for You

UCSF Vietnamese Community Health Promotion Project

"You wouldn't want your friend to get cancer—so why offer him a cigarette?"

First U.S. Billboard in Vietnamese

Looking real tough in a blue denim jacket, a young Vietnamese man dangles a cigarette from his mouth, holds up his favorite pack of smokes, and gives an obstinate stare.

It's a new billboard at Larkin and Eddy Streets. It's geared to the young, as many billboards are, but this one has a cigarette pack with a skull and crossbones on the front. The message is clear and simple: "Smoking Kills."

The billboard is the work of the UCSF Vietnamese Community Health Promotion Project, and is touted to be the first in the country in Vietnamese. Recently featured in the *San Francisco Examiner* and on KRON-TV, the billboard and its anti-smoking message is part of a larger anti-tobacco campaign funded by the State of California and aimed at the Bay Area's Vietnamese community.

"If you walk in this neighborhood," explains Tran Van Nam, assistant director of the UCSF project, "you'll notice that most of the Asian men here smoke." He describes a recent survey of Vietnamese which found that 56 percent of the men smoke. This is more than twice the rate among men in California in general. "What we're afraid of is that in 10 or 20 years, we may see an epidemic of lung cancer, heart disease and other tobacco-related illnesses in this population."

The billboard is designed to counteract advertising by tobacco companies, which increasingly targets minorities and blue-collar workers as Americans in general reduce their tobacco consumption.

Directed by Chris Jenkins, the UCSF anti-smoking project now includes brochures in Vietnamese, articles in Vietnamese-language publications, and messages on Vietnamese-language TV. For further information visit the staff at 2340 Irving Street or call 476-1202.

After Surgery Salt May Save Your Life

Physicians are urged by UCSF researchers to recognize early, and treat quickly, a post-surgical condition in women which can kill.

Reviewing records of women who developed low blood sodium—hyponatremia—after routine surgery, the VAMC team found 11 patients who died after they developed severe diabetes and sodium levels that soared above normal in the hours before death—conditions never before noticed in patients with hyponatremia.

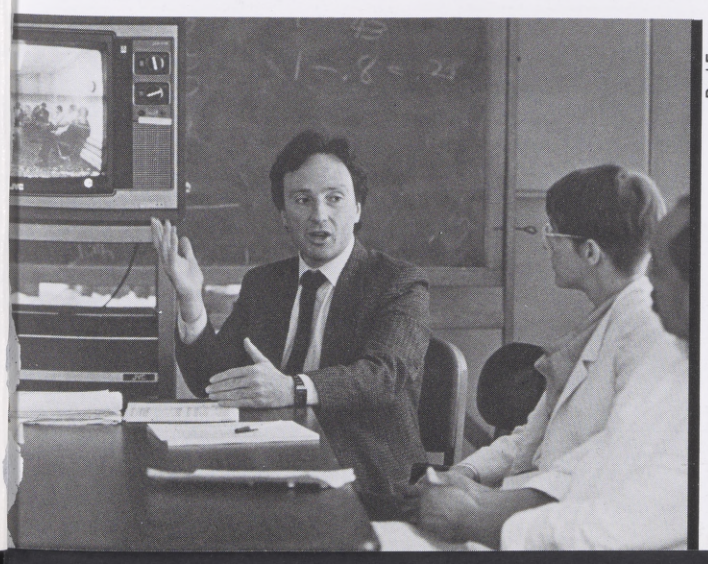
In most of the 11 cases, hyponatremia was suspected as the cause of the patient's problems only after she died. Thus none had received treatment—intravenous salt solution—to raise blood sodium to normal.

In animal studies, the researchers, led by Cosmo Fraser, chief of inpatient dialysis at the VAMC, and geriatric researcher Allen I. Arieff, also are beginning to learn why the syndrome strikes women and usually spares men—findings that someday may help doctors understand conditions like premenstrual tension.

New Program to Help Vietnam Vets

A new program to help Vietnam War veterans and others suffering from post-traumatic stress disorder (PTSD) has opened at the UCSF-affiliated Veterans Administration Medical Center.

The program offers individual, group and marital psychotherapy, along with medical treatment when needed. The San Francisco VAMC is one of 23 VA medical centers around the country that have received government grants to expand PTSD services.



Paul Fusco

PTSD program director Charles Marmar

PTSD afflicts at least 470,000 Vietnam War vets nationwide, and perhaps as many as one-quarter of the American men who served in Vietnam, according to UCSF psychiatrist Charles Marmar, program director.

"The need for PTSD services is very high—it's staggering," says Marmar, who estimates that only 20 percent of Vietnam vets with PTSD have sought help. Marmar adds that many people don't realize they are suffering from PTSD, which also can afflict victims of rape, torture, car or airplane crashes, and natural disasters.

PTSD symptoms include nightmares and fear of going to sleep, flashbacks to the traumatic event, depression, detachment from family and friends, alcohol or drug use to dull painful memories, emotional numbness, rage, a feeling of being "wired," and overreations to loud noises. Once known simply as "shell shock," PTSD was named following the Vietnam conflict and not officially recognized by the American Psychiatric Association as a psychological disorder until 1980.

For further information call Keith Armstrong at 750-2073.

In Brief

Mission Crime Prevention

The crime rate in San Francisco's Mission District hopefully will go down thanks to a new koban on the corner of 16th and Mission. Staffed by UCSF police, along with San Francisco and BART police from noon to 8 p.m. daily, this "cop-on-the-beat" sturdy structure is designed to provide additional security to high-crime areas. Kobans are prevalent in other countries, especially Japan, where they originated.

The Mission koban was initiated by the Mission Safety Committee, whose members include local residents, neighborhood merchants and representatives from UCSF.

Annual Science Contest Kickoff

The third annual SEP Science and Health Lesson Plan Contest got off to a great start on February 8, as hundreds of UCSF health professionals and scientists met with local high school and middle school teachers to discuss this year's plans. The contest is one of the gifts from UCSF to the citizens of San Francisco as part of its 125th Anniversary celebration.

The aim of the contest is to get students working in teams to experience the fun of science, and to examine a subject in depth by developing lessons for their classmates or younger students.

Organized by the UCSF Science and Health Education Partnership (SEP), the contest distributes $5,000 in prize money to winning students, thanks to the Gordon Tomkins Fund in the UCSF Department of Biochemistry.

For further information call SEP at 476-0300.

Drug Abuse Researchers Get $9 Million to Stop AIDS

Thanks to a $8.7 million five-year grant from the National Institute on Drug Abuse, a new San Francisco Treatment Research Unit soon will be set up, where UCSF researchers will help drug abusers get off drugs, stay off drugs, and thus slow the spread of the disease.

The new Treatment Research Unit (TRU) will be a collaboration between SFGH and the VAMC, the Bayview-Hunter's Point Foundation, and the San Francisco Department of Public Health.

Projects at the TRU will include a new clinic at the VAMC capable of caring for 75 patients at one time, while offering innovative new drug abuse treatments to both veterans and non-veterans. Bayview-Hunter's Point research will include studies on acupuncture and on ethnic issues in drug abuse, while research at SFGH will focus on AIDS treatment and prevention.

For further information call UCSF psychologist James Sorenson, principal investigator, 821-8764.

Reducing Cavities: Not Just a Dentist's Problem

Physicians and nurses—and not just dentists and dental hygienists—can help fight tooth decay and gum disease, according to a report by specialists at UCSF and the U.S. Public Health Service.

The report, published in a recent issue of the *Journal of the American Medical Association (JAMA)*, lists more than a dozen ways physicians and nurses can intervene in their patients' oral health, from counseling new parents against sugary drinks in baby bottles to inspecting patients' mouths during routine physical examinations.

More News for You

on the back page

What's happening

March/April 1990
A bimonthly calen
events at UC San

Special Events

Thurs. & Fri., Mar. 1 & 2 — 125th
Faculty & Staff Art Show. A special 125th Anniversary tribute to the campus visual artists. Millberry Union Conference Center, 500 Parnassus. Opening reception, Thurs., Mar. 1. 4-6 p.m.

Mon. & Tues., Mar. 5 & 6 — 125th
Gladstone Foundation 10th Anniversary Celebration (invitational).

Wed., Mar. 14 — 125th
UCSF Orchestra & Community Chorus. World premiere of a new work by UCSF biochemist Elaine Bearer; plus Mendelssohn's *Symphony #5, The Reformation* & Bach's *Magnificat.* Herbst Theater, 401 Van Ness Ave. 8 p.m. $5/$8/$10. For tickets call 552-3656.

Tues., Apr. 3 — 125th
Chancellor's Distinguished Lecture for the Public Understanding of Science: Imagination in Science. Nobel laureate Francois Jacob, cell geneticist at the College de France & the Pasteur Institute in Paris. Cole Hall, 513 Parnassus. 3 p.m.

Fri., Apr. 6 — 125th
Chinese Medical Community—UCSF Celebration Banquet. Highlighting the history of UCSF graduates of Chinese descent & their contributions to the School of Medicine (invitational).

Wed., Apr. 11
Spring Twilight Concert: San Andreas String Quartet. Featuring Ephraim Engleman, Thomas Kornberg, Jack Case & Chalmers Smith. Millberry Union Conference Center. 5:30 p.m. $3. Call 476-2542 for information.

AIDS Programs

Sponsored by UCSF AIDS Health Project. For more information call 476-6430.

Events:

Wed., Mar. 28
AZT Update: Latest Reports & Findings. Featuring UCSF AIDS Program Chief Paul Volberding. A *Living with HIV* public forum. Hartsook Rm., 1855 Folsom St. 7-9 p.m.

Services:

Individual Risk Assessments & Referrals. By appointment. Free.

Support Groups. Drop-in & eight-week facilitated groups for men & women with AIDS, ARC or HIV infection, in a risk group or otherwise affected.

Positives Being Positive. Anonymous support groups in the community for people who have tested HIV positive but have not developed symptoms of AIDS or ARC.

Caregiver Training. Caring & self-caring skills for professionals & volunteers.

Brown Bag Lectures

All lectures are free and held on Wednesdays at noon in Rm. 300 Health Sciences West, enter through 513 Parnassus. For further information call 476-4394.

Mar. 7
The Controversy & Development of Reproductive Sciences: 1889-1989. (See Women's History Month.)

Mar. 14
Yo-Yo Dieting Syndrome.

Mar. 21
How We Age & What to Do About It.

Mar. 28
Prostate Disease & Surgery: What You Should Know.

Apr. 4
How to Lose Money in the Stock Market.

Apr. 11
Brain Tumor Research.

Apr. 18
Vision Care in the 1990s.

Apr. 25
Body Image vs Self-Image: The Role of Cosmetic Surgery.

UCSF-Laurel Heights Events

All events held in the auditorium at 3333 California St. Free parking available.

Just About All Jazz: — 125th
The 4th & 5th in a series of 6 concerts. $10 general, $9 UCSF faculty & staff, $8 seniors, students & Millberry Union members, $3 children under 14. Grandparents free when accompanied by grandchildren. 8 p.m.

Sat., Mar. 31:
Ron Miles Quintet featuring Art Lande. Bay Area premiere of Colorado's hottest sound in jazz with Ron Miles on trumpet & San Francisco's own Art Lande on piano.

Fri., Apr. 27:
Faith Winthrop. This artist sang at the hungry i in the 1950s & now is staging a comeback, making her one of San Francisco's newest, yet familiar, treasures.

Community Health Talks:
Free lectures sponsored by UCSF Office of Public Service Programs. 7-8:30 p.m. Call 476-3206.

Thurs., Mar. 29
Cross Cultural Aspects of Healing.

Thurs., Apr. 12
Prevention & Treatment of Knee Injury.

Volunteer Orientation

Programs to acquaint new & prospective volunteers with opportunities available in the Medical Center at UCSF. Held in Rm. 191 Long Hospital, 505 Parnassus, on the Tuesdays listed below. For further information call 476-1196.

Mar. 6 & Apr. 3, 9-11 a.m.
Mar. 20 & Apr. 17, 6-8 p.m.

Paths of Healing & Wholeness

Unless otherwise noted, all talks are free and held on Fridays at noon, and workshops on Mondays from 6-9 p.m. in Rm. 721, Nursing Bldg., enter through 521 Parnassus. Call Marie Lehrer at 476-3939.

Mar. 2
Abundance & Simplicity.

Mar. 9
To be announced.

Mar. 16
Acupuncture for Substance Abuse.

Mar. 23
Chinese Medicine & Herbal Treatments.

Mar. 30
The Magic of Congruence: Theory & Practice of Psycho-Spiritual Integration.

Mon., Apr. 2
Workshop: The Magic of Congruence Seminar. Rm. N 717. 6-9 p.m.

Apr. 6
Personal Transformation Through an Encounter with Death: A Cinematic Study.

Apr. 20
Healing the Human Soul.

Founders Day Celebration — 125th

For information call 476-4723.

Thurs., Apr. 26
125th Anniversary Medal Lecture. C. Everett Koop, former US Surgeon General. Cole Hall. 2 p.m. Call 476-4723 for information.

Thurs., Apr. 26
Founders Day Banquet. UCSF's highest honor—the 125th Anniversary Medal—will be presented to nationally prominent health leaders, including former US Surgeon General C. Everett Koop, Nobelists Barbara McClintock, J. Michael Bishop & Harold Varmus. St. Francis Hotel, Powell & Geary. 6 p.m. (invitational).

Wed., May 9
Academic Senate Faculty Research Lecture. Stanley Prusiner, UCSF neurologist, gives the 38th Annual Faculty Research Lecture. Cole Hall, 513 Parnassus. 2 p.m.

Campus Tours

All tours are free and take place at 1 p.m. on Tuesdays, Mar. 6, 13, 20, & 27 and Apr. 3, 10, 17 & 24. Meet in the lobby of Medical Sciences building, 513 Parnassus. For further information call 476-4394.

Blood Donation

Tues., Apr. 24
Campus Blood Drive. Blood may be given in Millberry Union main lounge, 500 Parnassus, 8 a.m.-3 p.m., and School of Nursing Bldg. mezzanine level, enter through 521 Parnassus, 9 a.m.-5:30 p.m.

You don't have to wait for a blood drive to give blood. You may donate any weekday 10 a.m.-8 p.m. or Saturday 10 a.m.-3 p.m. at UCSF's **Blood Donor Center,** Rm. 131 Long Hospital, 505 Parnassus. For information & appointments call 476-6989.

Women's History Month — 125th

UCSF celebrates Women's History Month throughout March and International Working Women's Day on Mar. 8 with the following events. For recorded information 476-0400

Tues., Mar. 6
Poetry Reading by Feminist, Activist Adrienne Rich. Toland Hall, 521 Parnassus. Noon-1 p.m.

Wed., Mar. 7
The Controversy & Development of Reproductive Sciences: 1889-1989. Adele Clark of UCSF's Department of Social & Behavioral Sciences discusses the links among reproductive sciences, human sexuality, medical quakery & controversial social movements. Part of the Brown Bag Lecture Series. HSW 300. Noon.

Thurs., Mar. 8
Rhythmisscity. A musical celebration of International Working Women's Day by this multi-cultural women's Afro-Latin/salsa/jazz band. Plaza Grill Courtyard, Millberry Union, 500 Parnassus. Noon-1 p.m.

Tues., Mar. 13
Saying Yes to Safer Sex: Understanding AIDS & Low-Risk Behaviors. Marcia Blackman, UCSF AIDS Health Project. Toland Hall, 521 Parnassus. Noon-1 p.m.

Thurs., Mar. 15
Working Women, Women Writing. A poetry reading featuring Nellie Wong, poet, activist & author of *Death of Long Steam Lady.* Readings by UCSF women staff, faculty & students follow Wong's presentation. LPPI Auditorium, 401 Parnassus. Noon-2 p.m.

Tues., Mar. 20
No More Pipe Dreams: Mothers Overcome the Nightmare of Crack Addiction at Mandela House. Minnie Thomas, founder of Mandela House in Oakland. Location to be announced. Noon-1 p.m.

Breast Cancer Screening

Women can have low-cost mammograms—x-rays to screen for breast cancer—from a mobile van that travels to convenient Bay Area locations. The procedure takes approximately 20 minutes and costs $50. Your physician's approval is required. For appointments call 990-0459 or 476-2193 between 9 a.m. and 3:30 p.m.

Feb. 26-Mar. 2
Marina Green. Parking lot near Fort Mason.

Mar. 5-9
Taraval St. Between 17th & 18th Aves.

Mar. 12-16
Richmond district. On 7th Ave. between Geary & Clement.

Mar. 19-22
East Palo Alto. Public Health Service. (Mar. 23 is a UCSF holiday.)

Mar. 26-30
Sunset district. On Irving St. between 25th & 26th Aves.

Apr. 2-6
UCSF Laurel Heights. 3333 California St. in parking lot on left.

Apr. 9-13
Westlake Shopping Center. Daly City on Park Plaza Dr. near Safeway.

Apr. 16-19
Marina Green. Parking lot near Fort Mason.

Apr. 23-27
Sansome St. Between Sutter & Bush next to Sharper Image.

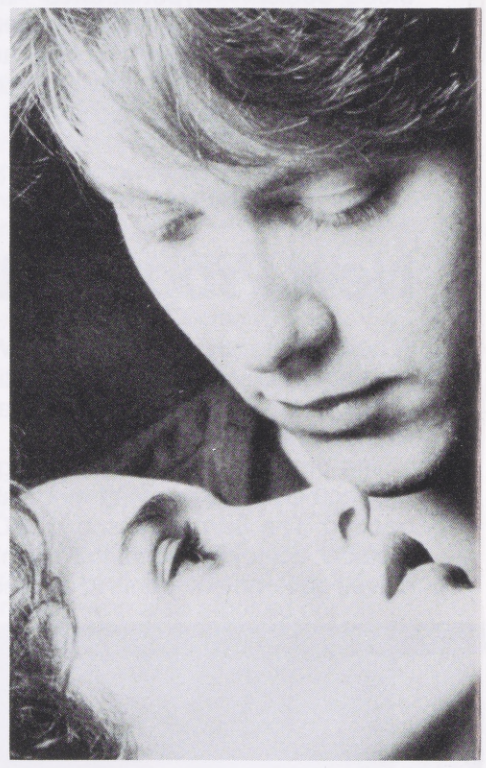
Cole Hall Cinema

Films are shown on Thursdays and Fridays in Cole Hall, 513 Parnassus. Children under 14 $2; UCSF students, seniors & Millberry Union members $2.50; general $3. Call 476-2571. (Movies may be subject to change.)

Mar. 1 at 5:45 & 7:45 p.m.
Mar. 2 at 6:30 & 8:30 p.m.
Look Who's Talking.

Mar. 29 at 5:45 & 8:15 p.m.
Mar. 30 at 6:30 & 9 p.m.
Crimes & Misdemeanors.

Apr. 5 at 5:45 & 8:15 p.m.
Apr. 6 at 6:30 & 9 p.m.
War of the Roses.



Apr. 12 at 5:45 & 8 p.m.
Apr. 13 at 6:30 & 8:45 p.m.
sex, lies & videotape.

Apr. 19 at 5:45 & 8 p.m.
Apr. 20 at 6:30 & 8:45 p.m.
Back to the Future II.

Apr. 26 at 5:45 & 8:15 p.m.
Apr. 27 at 6:30 & 9 p.m.
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April 1990
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Community Health Talks

A series of free lecture/discussions held on Thursdays, 7-8:30 p.m. in Rm. 302, Health Sciences West, enter through 513 Parnassus. Free parking available. Call 476-3206 for further information.

Mar. 22
Whose Smoking Now? What's Being Done About It?

Apr. 19
Beware of Poison Oak!

Senior Health Education Program

Free lectures by UCSF staff geared to senior citizens. Schedules are subject to change. Call 476-3206 to confirm below lectures and for April's events.

Tues., Mar. 6
Hearing Loss, New Hearing Aids. Audiologist Carl Crouch. North Beach Seniors, St. Peter & Paul Church, 950 Franklin #67. 1:30 p.m.

Tues., Mar. 6
Home Safety & Evaluation. Kimberly Lee, UCSF Dept. of Environmental Health & Safety. Rose Resnick Senior Center, 1299 Bush St. 1 p.m.

Mon., Mar. 12
Improving Your Mobility. Physical therapist Heidi Engel. Noriega Senior Service Center, 3601 Noriega St. 11 a.m.

CPR Training

125th

"Save A Heart" Program. CPR classes sponsored by UCSF CPR Center. Rm. 229, Nursing Bldg., enter through 521 Parnassus. Mon., Mar. 5, 6-9 p.m.; Sat. Mar. 17 & Apr. 14, Thurs., Apr. 12, 9 a.m.-noon. $20. For information & registration, call 476-1817.

CPR Road Show. Traveling CPR instruction by volunteer instructors sponsored by the UCSF Center for Pre-Hospital Research & Training. For more information call Denise at 476-5802.

Personal Safety

Classes:

Sat., Mar. 10, 17, 24
Self-Defense for Children & Adolescents. Three-part classes held at UCSF Marilyn Reed Lucia Child Care Study Center, 610 Parnassus. Ages 7-10: 10 a.m.-noon. Ages 11-14: 1-3 p.m. $30. Pre-registration required. Call 476-5222.

UCSF

University of California, San Francisco
News and Public Information Services
513 Parnassus Avenue
San Francisco, CA 94143-0462

The weakened blood vessel in her brain was bulging like the bubble on an old inner tube.

Headaches were the first sign.

They were followed by an occasional loss of vision—"like a flash bulb going off in your eyes." Over the next 10 years, the headaches became constant and the blind spells longer. When Beverly Hoover finally had a MRI scan of her brain, she was prepared for bad news. But what she heard was worse.

She had an aneurysm. The weakened blood vessel in her brain was bulging like the bubble on an old inner tube and could burst at any time. Rupture could mean a stroke—or death. Her vision loss was a warning that clots from the aneurysm were already breaking off, causing tiny strokes.

Beverly was scared, especially after her doctor in Sacramento explained that her aneurysm was in a difficult location. Unable to help, he referred her to to UC San Francisco's internationally known neurosurgeon Charles Wilson.

It was during the first consultation with Wilson that she heard the term "balloon embolization," a technique that plugs aneurysms with detachable balloons if surgery to remove them fails. It seemed unlikely that she would need the treatment, but during exploratory brain surgery in late 1987, Wilson found that the aneurysm had grown and shifted position. Surgical removal was too dangerous.

After Beverly awoke in intensive care and heard the news, she was pessimistic about her future. "I had a time bomb in my brain and it couldn't be fixed." But UCSF neuroradiologists Grant Hieshima, Randall Higashida and Van Halbach believed that it could be fixed. They already had performed balloon embolization on more that 200 aneurysm patients who could not be treated surgically.

The technique, first developed in the Soviet Union 15 years ago, and performed at only a handful of medical centers in the world, uses a tiny, partially-deflated balloon attached to the tip of a hair-thin catheter. Guided by a special fluoroscopic imaging device that deletes everything from the picture but the balloon and the blood vessels, team members thread the catheter from the groin through the carotid artery and into the brain.

Once at the site of the aneurysm, the balloon is filled with a solution that slowly hardens. The balloon, or balloons, depending on the size of the aneurysm, is then detached from the catheter and left in place to strengthen the blood vessel wall. They do not hamper blood flow when placed directly into the aneurysm. In fact, Higashida and his colleagues are using a similar approach—without detaching the balloon—to open up constricted blood vessels, a common complication of brain hemorrhage.

One week after her first surgery, Beverly underwent embolotherapy. But her blood vessels momentarily collapsed—probably due to her weakened state—forcing Hieshima to withdraw the catheter. At first, Beverly refused to try the procedure again. It took her husband and two sons to persuade her. So one week later, she went back for the second time, more frightened than she had ever been in her life. This time, there were no problems. The aneurysm was plugged and her only sensation was momentary warmth.

Within a few months, Beverly was back at work as a grocery store clerk, explaining to her friends and regular customers how she had been spoiled by her treatment at UCSF. "I was scared all the time, but the doctors and nurses always had time for me and always made me feel that they cared."

Last spring, Beverly had a second aneurysm plugged. Despite her initial fear, she did not hesitate to return to UCSF for the procedure. This one, too, was virtually trouble free. She went to lunch at Fisherman's Wharf the next day. And a few days after that, she was back in her Sacramento aerobics class and playing racquetball again. "No one could believe it, but then I told them what a wonderful hospital there is at UCSF, and it began to sink in."

—Jeff Miller

David Powers

March/April 1990

To Our Neighbors

First Vietnamese billboard in country warns of smoking dangers

Using salt after surgery to save lives

Vietnam vets helped by new post-traumatic stress program

UCSF
University of California, San Francisco
513 Parnassus Avenue, San Francisco, CA 94143-0462

More News for You

High-Risk Sex and Crack Cocaine

Teenage crack cocaine users are making themselves vulnerable to AIDS through high-risk sex, but they appear receptive to campaigns promoting the use of condoms, a UCSF study concludes.

A survey of 222 black, teenage crack users in San Francisco and Oakland found the following: 51 percent of the respondents said they have had sex while under the influence of crack; 25 percent have exchanged sexual favors for drugs or money; 41 percent have a previous history of sexually transmitted diseases, mostly gonorrhea; 27 percent of boys and 4 percent of girls reported having more than 10 sexual partners the previous year; 23 percent said they used a condom in their most recent sexual encounter, while only 59 percent said they had ever used a condom.

"While the impetuous behavior of this group may be facilitated by drug use, the unavailability of condoms may also be a factor in the on-the-spot decision to have unprotected sexual intercourse," says Robert Fullilove, a researcher at the UCSF Center for AIDS Prevention Studies.

Fullilove, whose study was published in the February 8 issue of the *Journal of the American Medical Association (JAMA)*, pointed out that 76 percent of those surveyed said they are worried about contracting AIDS, which suggests that a condom-distribution campaign might prove effective in reducing AIDS risk among teenage crack users.

Study Says State Should Plan Now for Long-Term Care

David Powers

Californians should plan now for the financing and delivery of long-term health care because the state's aging population will double demand for such care to 2.2 million people by 2020, a recent UCSF report urges.

Produced by the School of Nursing's Institute for Health and Aging, the report represents the first complete analysis of the state's long-term health care needs.

"As the demand for services increases, the need for financing mechanisms to cover them becomes a major public policy concern," says Carroll L. Estes, head of the study and the Institute's director.

The report suggests some public financing for long-term care among a number of options. Mentioned as possible financing sources are taxes on alcohol and tobacco, banks and corporations, personal income, estate, and sales. The state lottery also could provide financing.

Striped Bass Poisoned by Chemical Waste

Herbicides and chemical wastes dumped into the San Francisco Bay Delta has contributed significantly to the decline of striped bass, according to a collaborative study by UC scientists on the San Francisco and Berkeley campuses.

The researchers say the combined assaults of chemical waste and herbicides on the liver and other organs prove too much for the bass as they migrate downstream to the ocean after spawning.

Post-Menopausal Study

Healthy, non-smoking women from the ages of 45 to 65 are eligible to participate in a post-menopausal estrogen replacement study. The study, part of the UCSF Midlife Health Program, is to determine the safety and efficacy of the hormone Provera. Participants will earn $200 upon completing the study. For further information call Elizabeth Saviano at 476-4492.

UC SAN·FRANCISCO
125 YEARS OF EXCELLENCE